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The University of Dayton

News Release

Feb. 3, 1992

Contact: Dick Kubik

SENSE OF HUMOR CAN MAKE WORKERS, MANAGERS MORE CREATIVE

DAYTON, Ohio -- "Laugh and the world laughs with you," poet Ella Wheeler Wilcox wrote many years ago.

A University of Dayton expert on humor and its relation to stress agrees and suggests that workers and managers might benefit by learning how to lighten up a little.

People often can better handle stress by looking for the positive side and taking themselves a bit less seriously, says Steven Mueller.

Mueller, director of UD's Counseling Center and a member of the American Association of Therapeutic Humor, explains that humor tends to improve decision-making and negotiating skills.

"People can be responsible and still have fun," he says.

"They should take their responsibilities seriously, but not take themselves so seriously."

Mueller notes that some research has shown that when people are put in a good mood they tend to organize information more effectively and become more creative.

"We've researched the heck out of downer emotions," he says, "but we've just begun to investigate how we laugh and how it affects our lives."

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For media interviews, call **Steve Mueller** at (513) 229-3141.

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